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BHAVYATA FOUNDATION

December 2021



## PARIVARTAN

DEVELOPMENT DISPATCH



## Monthly Round Up

Greetings from Bhavyata Foundation.

In the following pages, we present the Monthly Dispatch of December 2021. Breaking the chain of malnutrition amongst pregnant women is the need of the hour. Through its initiative MAA -Mata Arogya Abhiyan, Bhavyata Foundation aims to tackle the malnourishment of expectant mothers. Our efforts on human development stood unaffected by unsolicited viruses. We also conducted session for kids and discussions on valuable topics for preschools and



### The Whole Purpose Of The Education Is To Change Mirrors Into Windows!

We provide diet & Lifestyle support, counselling, and intervention support with nutritional kits to pregnant women under our initiative MAA- Mata Arogya Abhiyan. We supported 32 women along with the follow up session in this month.

Life Skills are the skills that are required by an individual for their holistic development so that he/she can contribute to the progress and development of his society/ nation and world.

#### ***Education can't wait.***

"The COVID-19 crisis brought education systems across the world to a halt, with the potential increase of learning poverty for children and youth with disadvantages of the digital divide." An Offline session was held at Jal Prabhat Nagar in Mumbai for children aged 3-6 years. Some physical activities and seasonal introduction was done. An introductory session was conducted at Ramabai colony in Mumbai.



#### **HIGHLIGHTS**

- ✓ MAA – Mata Arogya Abhiyan SAMADHAN -Tackling
- ✓ Balvatika – Preschool Education
- ✓ Life Skills Curriculum



# PROJECT UPDATES

## MAA – MATA AROGYA ABHIYAN



Through its initiative MAA -Mata Arogya Abhiyan, we aims to tackle the malnourishment of expectant mothers.



We provide diet & Lifestyle support, counselling, and intervention support with pregnancy nutrition kits.



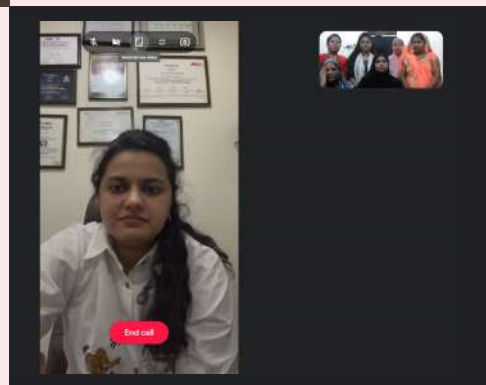
On 28th Dec, we supported 32 expectant mothers at Ramabai Chawl in Mumbai in the month of December.



The Kits was specially curated for the expectant ladies as per the extra nutrition requirement.



The pregnancy nutritional kits contained grains, pulses, spices, and dryfruits



Online counselling session was conducted by Dr Prachi Desai. The session imparted the

## PROJECT UPDATES

### BALVATIKA



On 28th December, we conducted a pre-school session for children aged 3-6 years.



30 students aged 3-6 years attended the session. It was conducted at Ramabai Chawl, in Mumbai.



The introductory session was all about some physical activities and seasonal discussion.

### LIFE SKILLS CURRICULUM



An introductory session on Life Skills Curriculum was held on 28th Dec.



The session aimed to make students aware of their self-esteem.



30 students aged 6-12 years attended the session. It was conducted at Ramabai Chawl, in Mumbai.



## Ayurvedic Tips For Healthy Lifestyle



India is known for its numerous cultures and cuisines, and winter food is no exception. With the arrival of winter and the consequent increase in appetites, it's time to indulge on wonderfully nutritional delights made specifically for the chilly season.

### Chikki

A great crispy treat is the Indian healthful bar of nuts and jaggery. You may replace your chocolates with this healthier sweet alternative. It may be used as a snack, a tasty dessert, or just something to gnaw on while you're bored. A daily chikki will keep the winter cold at bay!

### Undhiyu

This wintery-Gujrati dish is made up of lots of veggies, fenugreek, ghee, and spices. Winter cuisines are often rich and decadent, Undhiyu is a great example of healthful winter food in India.

### Gond ke Ladoo

Gond Ka Ladoo is made out of edible gum extracted from tree barks. This is one of those desserts that you can enjoy all year round but use to combat the winter cold. The highly nutritious Ladoo can keep you warm. It is said to be super healthy.

### Panjiri

Panjiri is a delectable wheat mix made with ghee, sugar, and a generous amount of almonds. You can eat it indefinitely without noticing how much you've consumed. During the winter, the health of ghee and nuts will keep you fit and radiant.

## BENEFICIARIES

## AND

## TESTIMONIALS



Bhavyata Foundation has always been warm and supportive in training sessions. On this Diwali we were welcomed with juice and snacks. It was really nice to meet all after so long.

Sulbha Mahadeshwar

The MAA- Mata Arogya Abhiyan project that Bhavyata Foundation has started is really very thoughtful. The counselling sessions were really helpful..

Babita Sharma

# TRANSFORMATIONS

**1**

Balvatika -  
Preschool  
Education

30 Students

Pregnancy  
Nutrition

32 Expectant  
Mothers

**2**

30 Students

Life Skills  
Curriculum

**3**



## UPCOMING PROJECTS & EVENTS

### SAMVARDHAN

Breed Preservation

### MAA

Mata Arogya Abhiyan

### LESSON FOR LIFE

Balvatika



## MEMBERSHIP FEATURES

1.  
BENEFITS BY  
Reciprocal Giftings

Creative Handcrafted goodies include Embroidered Lifestyle Product's. Festival Accessories include Natural Herbal Holi Colors & Bamboo Rakhis. Household Utilities like Kansa Dinnerware, Copperware Utilities and other are eco-friendly products of daily use.

2.  
CONTRIBUTES BY  
Supporting Our Initiatives3.  
INVOLVES BY  
attending Events

Also, added incentives for the member are complimentary registration to Our Select Flagship Sessions on Lifestyle, Educational and Nation Building Seminars throughout the year. Some of our popular sessions are on Ayurvedic Dinacharya, Parenting Modules, and Preschool Nurturing for Toddlers, Green School Program, and Untold Heroes of India.

# A SMALL ACT OF KINDNESS

# MEMBERSHIPS

## A GREAT GIFT TO SOCIETY

INDIVIDUAL  
MEMBERSHIPS (Annual)

Patron Member  
5,000

Associate Member  
10,000

Affiliate Member  
25,000

Family Member  
(25 members)  
35,000



We are seeking support & contributions from individuals, communities & corporations. You can support us by being a Bhavyata member.

## GROUP MEMBERSHIPS (ANNUAL)

## INDIVIDUAL MEMBERSHIPS (Annual)



## GROUP MEMBERSHIPS (Annual)



Privilege Member  
50,000

Corporate Silver Member  
(25 members)  
6,00,000

Corporate Gold Member  
(50 members)  
11,00,000

Corporate Platinum Member  
(100 members)  
21,00,000

# CAMPAIGN PROMOTION

## MAA- MATA AROGYA ABHIYAN

The widespread malnutrition must come as a shock in the decade when the production of food products is more than ever. But this is the bitter truth.

Bhavyata Foundation aims to take active steps to break the link of escalating malnutrition and mitigate the severe effects on the overall being. Through its initiative, 'MAA – Mata Arogya Abhiyan,' we plan to boost the nutrition levels of pregnant mothers, especially those living in backward and disadvantaged communities. The MAA program is designed to positively affect the complete, mental, and physical health of mothers. It includes thorough guidance on healthy eating habits and practices, yoga and meditation, and healthy communication.

Additionally, we will provide these mothers with monthly diet charts, nutrition supplements, and training support. We believe that a healthy mother is a path for a healthy progeny and a malnutrition-free tomorrow.

**DONATE NOW**

**T H A N K  
Y O U**



To know more about MAA

**WATCH NOW**



Bhavyata Foundation D-5/35,  
Chittaranjan nagar CHS, Rajawadi,  
Vidyavihar (E), Mumbai 77



+91 75-06882281



info@bhavyata.com

To know about our initiatives, check this video

<https://www.youtube.com/watch?v=EtS9aEO8hx4>

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